

★ Chattanooga Fitness Center ★

Civitan Adaptive Exercise Room

Fall Schedule

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Entry Fee
Cost .50









Hours of
Operation:

Mon -Thurs
8:00am-8:00pm

Friday
8:00am-7:00pm

Saturday
8:00am-12 noon

9:00 am 10:00am 10:30 am 11:00 am 4:00 pm 5:30 pm 6:00 pm

Mon	Seniorcise Liz	Light & Easy Susan		Siskin			
Tue				Orange Grove		*5:00pm* Move & Groove Adaptive Dance Cynthia	
Wed	Seniorcise Liz	Light & Easy Susan		Siskin		Middle Eastern Belly Dance Rhonda	
Thur				Orange Grove			
Fri	Seniorcise Liz	Light & Easy Susan		Siskin		Adaptive Tai kwon do Don	
Sat							

Adaptive Tai Kwon Do and Middle Eastern Belly Dance classes
require sign up and a separate fee paid directly to the
Instructor. See Specialty Class Flyer or Call For session prices



www.Chattanooga.gov

City of Chattanooga Fitness Center
1254 East Third St. Chatt, TN. 37404
(423) 697-1320